

SCREENING CARD

Name: _____ Date of Birth: _____

How well do you know your body? Knowing what is normal for you helps you notice changes. When you notice something different about your body – like a new growth or lump, increased fatigue or dramatic weight loss – it needs to be checked out. When cancer is found early, it's often easier to treat.

With many things postponed due to the COVID-19 pandemic, it may seem like a good idea to put off contacting your doctor until later. You may be nervous to visit the doctor during this time, but increased safety measures in offices mean that you can see a doctor safely. Many doctors are also finding new ways to reach their patients virtually and by phone.

Cancer doesn't stop during a pandemic. Get changes checked sooner rather than later. That change to your body might be nothing, but it might be serious. Always see a doctor if there are any changes to how you're feeling or you have new physical symptoms.

If you're in a certain age or population group, you can also have screening tests that help find breast, cervical and colorectal cancer before you've even noticed symptoms. To keep everyone as safe as possible, organized screening programs were paused during the early stages of the COVID-19 pandemic. The programs are now starting to run again, and it's important to get back on track if you're due for any screening tests. Check with your regional program for the most up-to-date information on what is happening in your area.

Talk to family doctor about screening and early detection for:	Date of last screening	Date of next screening
Breast Cancer For women between the ages of 50-74, have a mammogram every two years . Please talk to your doctor about your risk of breast cancer, the benefits and limitations of mammography, and how frequently you should have a mammogram.		
Cervical Cancer (if applicable) If you've ever been sexually active, you should start having regular Pap tests by the time you're 21. You'll need a Pap test every 1 to 3 years, depending on your previous test results. Even if you have stopped having sex, you should continue to have a Pap test. If you've had a hysterectomy, talk to your doctor about whether you may still need a Pap test. Please talk to your doctor about your suggested Pap testing frequency.		

<p>Colorectal Cancer</p> <p>If you are 50 to 74 years old and not at high risk for colorectal cancer, have a stool test every 2 years. If you are 75 or older, talk to your doctor about whether a stool test is right for you.</p>		
<p>Prostate Cancer (if applicable)</p> <p>The Canadian Cancer Society recommends that men talk to their doctor about the potential benefits and risks of prostate cancer screening at about age 50. Men with higher risk may wish to discuss the need for screening at a younger age.</p>		
<p>Testicular Cancer (if applicable)</p> <p>Some doctors screen for testicular cancer during annual physical examinations, however it is important that all men know what is normal for their testicles, and to go to the doctor if there is any changes to the testicles.</p>		
<p>Diabetes</p> <p>If you are 40 years or over, you are at risk for type 2 diabetes and should be tested at least every 3 years. Be sure to talk to your doctor about your risk factors and a testing schedule that is right for you.</p>		
<p>High Blood Pressure</p> <p>Healthy adults with normal blood pressure should have routine check-ups at least every 1 to 2 years. For those with high blood pressure, it is important to get it checked as recommended by your doctor or at least yearly.</p>		
<p>High Cholesterol</p> <p>As an adult, it is recommended to test cholesterol levels every 4 to 6 years, especially if you have a family history of heart disease or high cholesterol.</p>		

Family history of cancer and other chronic diseases*:

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*If you are at higher risk for developing certain cancers or chronic diseases, your doctor may recommend that you begin screening sooner or more frequently

Additional notes & questions to ask family doctor:

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